DIET KITCHEN

Healthy Food

Menu

BEEF MEALS

DIET KITCHEN
Healthy Food

BEEF STEAK ALL IN ONE

511 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF STROGONOFF

449 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF TERIYAKI

472 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF VEGGIES STIR FRY

446 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF WITH MASHED POTATO

463 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF WITH RICE

424 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET KITCHEN BEEF

511 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

GRILLED BEEF PLATTER

444 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

HONEY GARLIC STEAK BITES

312 Calories

12,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

NBA BEEF

327 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN MEAL

DIET KITCHEN
Healthy Food

CHICKEN PESTO

487 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN PICCATA

258 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN POLO

339 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN STEAK
ALL IN ONE

548 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN STROGONOFF

463 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN TERIYAKI

498 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN WITH MASHED POTATO

489 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN WITH RICE

456 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET KITCHEN MEAL

521 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

GRILLED CHICKEN PLATTER

482 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

NBA CHICKEN

353 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET BREAKFAST

DIET KITCHEN
Healthy Food

BANANA OATMEAL PANCAKE BREAKFAST

311 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET KITCHEN BREAKFAST

222 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FRITTATA BREAKFAST

97 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET PASTA

DIET KITCHEN
Healthy Food

FETTUCCINE ALFREDO

415 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN PESTO PASTA

357 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

PENNE ARABIATA

353 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SPAGHETTI BOLOGNESE

297 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

VEGETRIAN PASTA

200 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET PIZZA

DIET KITCHEN
Healthy Food

CALIFORNIA PIZZA

520 Calories

12,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN TERIYAKI PIZZA

12,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FRUTTI DE MARE PIZZA

500 Calories

13,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

LOW CAL TURKEY PIZZA

305 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TUNA PIZZA

236 Calories

11,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

VEGETRIAN PIZZA

379 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DITE SALAD

DIET KITCHEN
Healthy Food

AVOCADO SALAD

100 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN CAESAR SALAD

145 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN QUINOA SALAD

388 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKPEA AVOCADO SALAD

208 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET KITCHEN SALAD

375 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

GREEK QUINOA SALAD

325 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

GREEK SALAD

300 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

GREEN SALAD

186 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

QUINOA SALAD

280 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

PASTA SALAD

370 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

ROCCA SALAD

40 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SALMON AVOCADO SALAD

197 Calories

12,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SALMON AVOCADO SALAD

197 Calories

12,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SEA FOOD SALAD

235 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SEASONS SALAD

45 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SHRIMP AVOCADO SALAD

350 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TUNA SALAD

150 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET SANDWICH

DIET KITCHEN
Healthy Food

BEEF AVOCADO SANDWICH

280 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF BURGER

370 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BEEF SANDWICH

280 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN AVOCADO SANDWICH

100 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN BURGER

275 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN SANDWICH

299 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CLASSIC BURGER

360 Calories

8,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

HALLOUMI PESTO SANDWICH

220 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

JALAPENO BURGER

345 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

LOW CAL TURKEY SANDWICH

129 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

MUSHROOM BURGER

390 Calories

7,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TUNA SANDWISH

320 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TWIN BEEF BURGER

380 Calories

10,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TWIN CHICKEN BURGER

380 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET SMOOTHIES

DIET KITCHEN
Healthy Food

AVOCADO BANANA SMOOTHIES

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

AVOCADO SMOOTHIES

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

BANANA SMOOTHIES

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

C-BREEZE

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FAT BURNER

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

LEMON MINT SMOOTHIES

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

PUER ENERGY

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

STRAWBERRY BANANA SMOOTHIES

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

STRAWBERRY SMOOTHIES

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET SUOP

DIET KITCHEN
Healthy Food

BROCCOLI SOUP

99 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CABBAGE SUOP WITH BEEF

127 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CHICKEN VEGETABLE SUOP

293 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

LENTIL SUOP

112 Calories

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

MUSHROOM SUOP

78 Calories

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

OATS VEGETABLE SUOP

120 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

VEGETABLE SUOP

32 Calories

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DITE SWEET

DIET KITCHEN
Healthy Food

CRUNCHY COCONUT &OATS COOKIES

113 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

DIET MUG BROWNIES

196 Calories

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

LEMON COOKIES

71 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

OATMEAL RAISIN COOKIES

95 Calories

5,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FRESH JUICE

DIET KITCHEN
Healthy Food

APPLE JUICE

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

CARROT JUICE

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

ORANGE JUICE

4,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

POMEGRANATE JUICE

6,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SEE FOOD MEAL

DIET KITCHEN
Healthy Food

FISH FILLET

282 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FRESH SALMON WITH SHRIMP

323 Calories

18,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

FRESH SALMON

448 Calories

16,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SHRIMP AND VEGGIES SKILLET

246 Calories

15,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

SHRIMP WITH RICE

222 Calories

16,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food

TUNA MEAL

289 Calories

9,000 IQD

0750 055 0011
0773 055 0011

DIET KITCHEN
Healthy Food